

Reminder for the competitor



TRIATHLON ESTONIA, AUGUST 19TH, 2017

REMINDER FOR THE COMPETITOR

Thank you for taking part in the Triathlon Estonia competition! In order for the day of sports to go pleasantly please take some time to read the following information.

IFORMATION: Before and after the competition day ask for information by writing to urmas.paejarv@gmail.com. If there are some questions after the competition contact the organizers.

Please review the COMPETITION MANUAL, PROGRAM and DESCRIPTION OF THE COURSE.

ECO-FRIENDLINESS: Good manner is that a competitor doesn't throw empty bottles, gelpacks and other waste on the ground in other places than official refreshment points.

WRISTBANDS: Blue wristbands are for the competitors, yellow ones are for one accompanying person per competitor and green ones are for volunteers. Please put on the wristband in the competition day morning. Wristbands are in the envelopes for the competitors.

TRAFFIC INFORMATION: Cycling course is on roads with normal traffic, running course in Keila is partly on roads with normal traffic. Every competitor has to follow traffic rules on all courses and behave in a way that him or herself or other competitors or other people in traffic are not in danger.

On every bigger intersection on the cycling course there is a traffic organizer in special clothing who's orders all competitors must follow.

Only cars with special permissions are allowed in the start area. You can find a map of parking areas [HERE](#). To ensure safety it's prohibited to park a car on public roads.

You can find the parking area map for cycling refreshment point [HERE](#).

At the finish area in Keila it's recommended to park in the parking area around Keila Tervisekeskus and Keila school. Map of parking areas can be found [HERE](#).

COMPETITION BRIEFING: It will take place at 5 PM on August 18th in Keila Tervisekeskus (big sports hall). We recommend to take part of it!

STARTING MATERIALS: Starting materials can be received during competition briefing on Friday, August 18th and on competition day morning between 6-10.30AM at the start area.

All competitors will get their numbers marked on cheeks at the start area as well.

TOILETS: Toilets are available at the start area, cycling and running refreshment points, locations can be found on course maps.

TRANSPORT FROM THE START AREA TO FINISH AREA: Organizer will transport all the swimming gear left correctly at the T1. Competitor must pack all the things in a bag and not leave those things laying around at the T1 area. It's possible at the start area to leave an additional bag to the organizer that will be transported to the finish area later. It's ok to mark a personal bag as a finish area bag.

All the things left to the organizer at the start or T1 area can be received at the finish area next to T2 area when presenting a competitor's number.

Organizer also provides transport between the start and finish area.

Driving schedule is not fixed and it's announced by the moderator.

7.15 Finish area – T1

ENERVIT DRINK COURIER: At the start area a competitor can leave his/her own drink bottles and food for competition that the competitor needs at cycling or running refreshment points at Enervit tent. Every competitor will receive a personal box that will be marked with the competitor's name and number and either cycling or running refreshment point name. Competitor can find the box by him or herself at the refreshment point on a special table.

SWIMMING COURSE: All turns are marked by buoys according to the course map, all buoys must be passed on the right side meaning all the buoys will be always on the left side.

Safety will be guaranteed by SUP boards and motorboats.

T1: T1 area may be entered only by competitors having numbers and only necessary things can be left at the area.

There are separate tents for men and women for changing clothes.

Information about transition for team members can be found [HERE](#).

CYCLING COURSE: Cycling course is very flat and runs mainly on Tallinn-Pärnu road between Kanama and Ääsmäe (8 laps on long distance and 3 laps on short distance) and on Tallinn ringroad. **CHECK OUT THE DESCRIPTION AND MAPS FOR CYCLING COURSE.HERE**

For competitors there is a wide paved roadside, it's not a good idea to use driving lanes for cycling.

Cycling refreshment point is located in a parking lot on Tallinn-Pärnu road in Ääsmäe right before the course makes an U-turn. Enervit sports drinks, water, bananas, raisins, salt, bread and salt pickles are available at the refreshment point.

Võistleja, kes ei soovi värskenduspunkti teenuseid kasutada, ei pea peatusalasse sisse sõitma!

A competitor who doesn't want to make a stop at the cycling refreshment point may pass it freely on a road.

T2: T2 area is located in front of Keila Tervisekeskus.

There are separate tents for men and women for changing clothes.

Team members will pass on the race chip and competitor's number to next team member.

RUNNING COURSE: Running course runs in Keila mainly on paved pedestrian roads, small part of it is on a street with normal traffic! CHECK OUT THE DESCRIPTION AND MAPS FOR RUNNING COURSE. The length of a running lap is 5,27km and it will be covered 1, 2, 4 or 8 times depending on the competition distance – sprint, olympic, half or long distance.

First runners on the running course will be escorted by cyclists who are members of the organizing team.

There are 2 refreshment points on the running course, in one of those only water and in the other Enervit sports drinks, water, bananas, raisins, salt, bread and salt pickles are available.

FINISH: Right after finishing there is fresh juice and recovery-table available for the competitor.

Finish area will be closed after the last competitor arrives but no later than at 1AM.

RETURNING OF BIKE AND OTHER GEAR: After the competition the bike and other gear will be returned to the competitor when race chip and competition number is presented.

When race chip gets lost the competitor must present a personal ID document and pay a 70 EUR fee in cash.

TIMING: The competitor must wear a race chip attached to a leg at all times while competing. Competition number must be visible in the back during the cycling course and in the front during the running course.

Live results can be seen [HERE](#).

MEDICAL HELP: During the competition day there is ambulance available, on the cycling course the ambulance vehicle is located in the middle of the cycling lap between Kanama and Ääsmäe and on the running course it's located at the finish area.

In addition to ambulance there is a group of MTÜ Vabatahtlik Reservpäästerühm paramedics available giving first aid.

FOOD: Food is available for free to the competitors at the food tent at the finish area when presenting a wristband. For spectators food is available for purchase only.

Food tent at the finish area is open from 11.30AM until the last competitor arrives. Food sale for spectators is available until 9PM.

It's possible to buy food in cash only.

MASSAGE: Students of Estonian School of Massage and Therapy will be available at the finish area. A FREE short massage is available for every competitor. Different types of massage (sports, Thai etc) are available.

It's recommended to have a massage after taking a shower.

WASHING: Every competitor and 1 accompanying person per competitor can enter Keila Tervisekeskus FOR FREE presenting wristbands, it's possible to go to Finnish or steam sauna, use a swimming pool or just take a shower.

FINISHER LOUNGE: At the finish corridor there is a special finisher area for competitors to relax in soft bags and cheer for fellow competitors as there is a good view on the finish corridor.

PRIZE GIVING CEREMONY: Prize giving ceremony will begin as quickly as possible after the last competitor has finished competing, probably around at 10.30PM. The ceremony will take place in Keila Tervisekeskus (big sports hall).

RESULTS, PHOTOS AND DIPLOMAS: Race results will be live on Triathlon Estonia's web page. Preliminary results will be made public on the screens at the competition center. Final results, confirmed by the race officials, and diplomas with official results will be made public in 3 days on www.triathlonestonia.ee web page under link *Results*.

After finishing everyone can click on their name in the final protocol and open a personal electronic diploma which can be saved, printed out or shared through social media.

Finish protocol is a public document.

The organizer has the right to use and publish all photos and videos made by the organizer for commercial reasons.

Wishing good emotions in Triathlon Estonia competition,

Team Triathlon Estonia